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TOURIST EXPERT

Dallen Timtohy, an Arizona State geography professor discusses how the world's borders have changed.

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ONLINE



KANSAS STATE COLLEGIAN

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www.kstatecollegian.com

The hand-off



Photo illustration by Nathaniel LaRue | COLLEGIAN

Students look for assistance in legal drugs

By Carolyn Harrison
KANSAS STATE COLLEGIAN

With midterms around the corner, many students will resort to many unhealthy habits. While typical students turn to energy drinks like Monster and Red Bull to stay focused for all-nighters, some K-State students have turned to prescription drugs to relieve stress and increase alertness.

According to 2007 K-State Higher Education, an informational newsletter, and a drug research bulletin, while only 2 percent of the student population is prescribed to a stimulant or opiate, one in five students misuse these drugs regularly.

Many students abuse prescription stimulants, also known as “uppers,” that tend to increase alertness and physical activity, according to “The Facts,” a K-State drug education pamphlet.

The most common of these legal drugs are Adderall and Ritalin, which are prescribed to individuals who have difficulty concentrating and staying focused. “I just love the instant energy [Adderall] gives you,” said a junior in business. “You just pop one, and you can stay up all night studying or partying.”

For confidentiality reasons, this student wished to remain anonymous.

Students also abuse opiates, or “depressants” like OxyContin, Morphine, Vicodin and Hydrocodone, which are prescribed by doctors to relieve pain.

One study showed that the nonmedical use of prescription medications is second only to marijuana as the most common form of illicit drug use.

“Abuse is quantity and frequency,



Have you ever used a prescription drug to stay awake? For this poll question and a personal account about addiction, go to www.kstatecollegian.com.

though prescription drugs are not as harmful as street drugs, they still are traumatic to one's health,” said Bill Arck, director of Counseling Services.

With so many prescription drugs available, the temptation to use increases during stressful periods like exam times.

However, using prescription drugs inappropriately rarely ends after just one misuse.

“The first time you take a stimulant is always the most intense,” Arck said. “The more and more you ingest it, your body becomes used to the drug, and it's harder to get the ‘high.’”

This need to ingest more and more leads to addiction brought on by the body's reaction to the toxin. Users typically become irritable and angry if they are without the drug, which causes them to use even more frequently.

“I felt ‘stuck’ and immobilized,” said a sophomore in animal sciences, referring to her Vicodin addiction. “As I came down off the drug, I felt tired and depressed and wanted to take another.”

This student also wished for her identity to be protected.

“Typical withdrawal symptoms include restlessness, muscle and bone pain,

See DRUGS , Page 7

Mid Campus to close Tuesday

By Sarah Burford
KANSAS STATE COLLEGIAN

A portion of Mid-Campus Drive will be closed Tuesday because of parking garage construction.

Darwin Abbott, director of Parking Services, said the portion of Mid-Campus Drive between the parking garage site and Nichols, Calvin and Kedzie Halls will be closed between 5:30 a.m. and 1 p.m. Tuesday.

Consequently, drivers will be unable to turn north onto Mid-Campus Drive from Anderson Avenue.

This is because of construction work that requires a concrete pump truck to be in the road at this time, Abbott said.

If weather hinders the construction on Tuesday, the street will be closed Wednesday instead.

City to close Third Street today

By Whitney Hodgkin
KANSAS STATE COLLEGIAN

Third Street will be closed from Retail Place to north of Moro Street starting today for construction, according to a press release.

The construction is ongoing in efforts to accommodate anticipated increased traffic. The approximate end date of the street closure is unknown.

According to the release, Third Place will replace the existing Third Street. In the future, there will be a right-in, right-out off Bluemont Avenue that will allow vehicles to access the redevelopment area.

Moro Street also will be under construction, which will allow future access from Fourth Street.

RCPD

High-speed chase ends with arrests of Fort Riley soldiers

By Corene Brisendine
KANSAS STATE COLLEGIAN

A high-speed pursuit ended early Friday morning when police officers arrested two Fort Riley soldiers.

According to the Riley County Police Department, officers responded to a traffic accident in the area of Interstate-70 and Kansas Highway 177 at 2:10 a.m. Friday morning.

A driver at the scene of the accident said a sport utility vehicle, severely damaged, had allegedly fled the accident. An officer en route to the accident spotted an SUV traveling north at 92 mph on K-177 toward Manhattan.

The officer, southbound, turned around and pursued the SUV with lights and sirens activat-

ed. The driver of the vehicle slowed down but never stopped. The SUV swerved off the road while the driver and passenger attempted to switch seats, said Lt. Moldrup of the RCPD.

The chase ended shortly after the SUV swerved off the road near K-177 and Deep Creek Road.

Jonathan Michael Battles, Fort Riley, was charged and arrested for driving under the influence, driving on a suspended license, reckless driving, and fleeing or attempting to flee an officer.

Howard Randall Burge, Fort Riley, was charged and arrested for driving under the influence and reckless driving.

Both men were confined. Burge's bond was set at \$1,000, and Battles' bond was set at \$4,500.

Week's closing events include Ron Prince talk

By Natalie Crane
KANSAS STATE COLLEGIAN

Community Cultural Harmony Week came to a close last Friday afternoon. The last events included a book discussion with coach Ron Prince and Susan Scott and a theater workshop with Barbara Baker.

BOOK DISCUSSION WITH RON PRINCE

An impressive crowd filled room 212 in the K-State Student Union to hear Prince and Scott, director of leadership studies, discuss “The Blind Side: A Discussion of Modern Leadership.” The audience discussed the book by Michael Lewis, “The Blind Side: Evolution of a Game,” which features the story of Michael Ore.

Ore grew up in a poor black neighborhood in Memphis with a crack-addicted mother and lacked the ability to read or write. After a family adopted him, he became one of the most sought-after football players and is now the left tackle for the University of Mississippi.

Prince explained what he learned from the book and how it reflected his views on the importance of young people being properly educated. He also discussed the undercurrents of sex, gender and race issues in the book.

Scott and Prince talked about the different views people had about the family who adopted Ore and their motivations. Scott said she liked that the family had taken Ore in and had tutored him so he could play football.

Prince and other members of the coaching staff thought the family might have been taking advantage of Ore and his situation.

The book discussion led to questions about the role of higher education, college athletics and the need for mentors. Audience members brought up the issue of “street smarts” versus “book smarts” – how judging students only academically could hinder them.

They also discussed the “sink or swim” attitude

See HARMONY, Page 7



Lisle Alderton | COLLEGIAN

As part of Campus Cultural Harmony week, **Barbara Baker**, lead a theater workshop, “Body Politics for Women; Expression of Self and Healing for the Soul,” where Baker lead the group of mostly women and one man through exercises used to remove the negative stereotypes of women and beauty.

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8 Afflictions

12 Huge snake

14 \$50 "Monopoly" payment

15 Labyrinth critter

16 Notion

17 Fleur-de- —

18 Straighten things

20 Alumni

23 Conflagration

24 Charged particles

25 Least

28 Roscoe

29 Cartons

30 Vast expanse

32 Mosque tower

34 Mends cuffs

35 — and crafts

36 Praise

37 No alternative?

40 The stuff we breathe

41 Lambs' dams

42 Ores

47 Un-escorted

48 Lift

49 Entreaty

50 Tier

51 Bigfoot's Asian cousin

DOWN

1 Rotating part

2 Blackbird

3 Proscribe

4 Berates

Solution time: 24 mins.

C	R	E	W		C	O	U	P		A	P	T
R	A	V	E		L	O	P	E		B	R	A
A	R	I	L		E	Z	R	I		L	O	U
B	E	L	L		R	E	O			W	E	S
					T	I	F	I		A	M	A
					T	A	N	N	I	C		R
					I	M	A	G	E		R	E
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					A	S	H			S	T	I
					I	I				P	O	N
					S	A	M			A	R	O
										N	O	U

Saturday's answer 9-29

21 Wander
22 Opposed to
23 Repairs
25 Charlie McCarthy's pal
26 Second-hand
27 Note to the staff
29 Say "bow-wow"
31 Donkey
33 Extreme disgust
34 "Yippee!"
36 Ukraine capital
37 Iodine-rich seaweed
38 MPs' quarry
39 Part of N.B.
40 From the beginning
43 U.N. work agcy.
44 Chowd down on
45 Parcel of land
46 — Lanka

9-29

CRYPTOQUIP

IRFAEK-RY-OKC IRFCGN YQAIZ
O H R T S M R F C I O S M S P O S
O W C A F J A M P O E G J Q O N Y T Q :

" Y W A M Z N H T M A E C M M . "

Saturday's Cryptoquip: BECAUSE THE OLD BAKER WAS VERY SICK OF HIS CURRENT WAYS, HE DECIDED TO TURN OVER A NEW LOAF.

Today's Cryptoquip Clue: I equals C

YOU SUCK | BY NOLAN FABRICIUS AND JEFF BROWN YOU.SUCK.COMIC@GMAIL.COM

HAVE YOU TAKEN A LOOK AT THE FORUM LATELY?

NO - MY DAILY READING DOESN'T USUALLY INCLUDE ANONYMOUS INSULTS TO UNIVERSITY SPORTS PROGRAMS OR BADLY CONSTRUCTED JOKES ABOUT CHUCK NORRIS...

NOW IT'S WORSE THEN THAT - IT'S LIKE A BIG CHAT ROOM FOR LONELY, BITTER, SINGLE PEOPLE. WHATEVER HAPPENED TO TWO PEOPLE MEETING, HITTING IT OFF, AND EXCHANGING NUMBERS? NOW WHAT PEOPLE DO WHEN THEY MEET SOMEONE IS TO MAKE A PHONE CALL TO AN ANONYMOUS HOTLINE WITH THE HOPES THAT THEIR DESPERATE PLEAS FOR A SECOND MEETING WILL NOT ONLY BE PUBLISHED IN A NEWSPAPER, BUT THAT THE PERSON THEY'RE ATTEMPTING TO SEND THE MESSAGE TO ACTUALLY READS WHAT THEY HAVE TO SAY.

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IT MAKES YOU WONDER WHAT KINDS OF WEIRD STUFF THEY DON'T DEEM FIT TO PUBLISH.

TO THE CUTE LITTLE MAC G3 TOWER I MET YESTERDAY IN THE LIBRARY - I DON'T CARE IF YOU'RE A COUPLE GENERATIONS OLD - I STILL WANT TO OVERCLOCK THAT HOT PROCESSOR OF YOURS... LET'S MEET UP IN THE STACKS ON THE THIRD FLOOR AND SWAP SOME CODE. P.S. I THINK IT'S HOT YOU STILL HAVE A SCSI PORT.

THIS DAY

A look at events that took place today in history

2005 JOURNALIST JUDITH MILLER RELEASED FROM PRISON

New York Times reporter **Judith Miller** was released from a federal detention center in Alexandria, Va., after agreeing to testify in the investigation into the leaking of the identity of covert CIA officer Valerie Plame. Miller had been behind bars since July 6, 2005, for refusing to reveal a confidential source and testify before a grand jury that was looking into the so-called Plame Affair. She decided to testify after the source she had been protecting, I. Lewis "Scooter" Libby, Vice President Dick Cheney's chief of staff, signed a waiver giving her permission to speak.



— history.com

THE BLOTTER
ARRESTS IN RILEY COUNTY

THURSDAY

David Bryant Harvey, 1601 Cedar Crest Drive, Unit A, was arrested at 9:20 a.m. for obtaining a prescription-only drug by fraudulent means. Bond was set at \$1,000.
Jonathan Terrell Nobles, Junction City, Kan., was arrested at 4 p.m. for stalking and violation of a protective order. Bond was set at \$5,000.
Alejandra Veronica Haffner, Ogden, Kan., was arrested at 6:05 p.m. for failure to appear. Bond was set at \$1,000.
Mark Nicholas Rickenbaker, 1704 Fair Lane, Lot 14, was arrested at 11:46 p.m. for failure to appear. Bond was set at \$8,500.

FRIDAY

Jeffrey Scott Lolley, Topeka, Kan., was arrested at 12:30 a.m. for driving under the influence. Bond was set at \$1,500.
Howard Randall Burge, Fort Riley, Kan., was arrested at 2:17 a.m. for reckless driving and driving under the influence. Bond was set at \$1,000.
Colin Charles Reutinger, 1312 Christy Drive, was arrested at 2:20 a.m. for disorderly conduct. Bond was set at \$750.
Garth Harding Hawley, 830 Kearney St., No. 1, was arrested at 2:25 a.m. for disorderly conduct. Bond was set at \$750.
Donald Jason Helverson, 1811 W. Laramie St., was arrested at 2:25 a.m. for disorderly conduct. Bond was set at \$750.
Thomas William Payne, 1312 Christy Drive, was arrested at 2:25 a.m. for obstruction of the legal process and disorderly conduct. Bond was set at \$1,500.
Jonathan Michael Battles, Fort Riley, Kan., was arrested at 2:30 a.m. for driving with a canceled or suspended license, reckless driving, driving under the influence and fleeing or attempting to elude a police officer. Bond was set at \$4,500.

TUESDAY'S WEATHER

 SUNNY
High | 71° Low | 47°

THE PLANNER | CAMPUS BULLETIN BOARD

Intramural entries for student golf and wrestling will be accepted today through Thursday in the administrative office at the Peters Recreation Complex. Student golf will be at Stagg Hill Golf Course on Oct. 12 for fraternities and Oct. 19 for residence halls, independent and women's divisions. Play as an individual or a team of four. Sign up for a tee-time in the office. Pay the \$1.07 intramural fee in the office and green fee at the golf course. The intramural wrestling meet will be Oct. 13-16 in the small gym at the Peters Recreation Complex. For more information and entry forms, go to <http://recservices.k-state.edu/intramurals/intramuralsactivitiesevents.htm> or call 785-532-6980.

Study Abroad Advocates in the College of Business Administration will be hosts to a Study Abroad Information Forum for business students on from 3:30 to 4:30 p.m. Thursday in Calvin 217.

The Graduate School announces the final oral defense of the doctoral dissertation of Erin Sissom at 9 a.m. Friday in Call 140.

The Graduate School announces the final oral defense of the doctoral dissertation of Rajesh Thapa at 10 a.m. Friday in Cardwell 119.

The influenza vaccine is available at Lafene Health Center. Flu vaccine clinics are scheduled for Oct. 2, 9, 16, 23 and 30 and Nov. 6, 13 and 20, or until supplies are depleted. Please refer to Lafene's Web site, www.k-state.edu/lafene, for vaccine dates/times and info.

CORRECTIONS AND CLARIFICATIONS

If you see something that should be corrected or clarified, call news editor Jacque Haag at 785-532-6556 or e-mail collegian@spub.ksu.edu.

KANSAS STATE COLLEGIAN

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Whitney Davis
Jaclyn Devries
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Sydney Hendrick
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Kelsie Kremer
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Caroline Kroeger
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Mallorie Mendell
Katie Mire
Suzanna Morin
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AGOGE ENTERTAINMENT

Potential smoking ban flaw debated

By Whitney Hodgins
KANSAS STATE COLLEGIAN

The proposed addition of public outdoor spaces to the smoking ban in Manhattan was debated at the first citizen forum among Chamber of Commerce Chair Jeff Levin, Clean Air Manhattan Chair Stan Watt and about 15 Manhattan citizens.

Representing Citizens for Reasonable Ordinances, Levin opened the meeting saying that Manhattan should vote against the outdoor-smoking petition at elections Nov. 4, and amend "loose interpretation" and the possibility for "unintended consequences," within its text. This would, in effect, continue to allow smoking at all hotels, stadiums and bleachers, hotels, motels, bars and restaurants, including those with smoking patios.

The unintended consequences to banning smoking in outdoor seating areas, Levin said, is smokers technically could be required to stand in the street if it is less than 20 feet from a public building or restaurant.

"I don't want a law that says people have to step into the street in order to smoke," Levin said. "I'd rather have it on the patio."

Watt said, in support of the ban, that employees and patrons of businesses would be protected from what is currently inevitable second-hand smoke from those smoking within 20 feet of building entrances and in-

side buildings.

He stressed the public-smoking ban would still allow smoking in private residences and cars, streets and sidewalks, K-State grounds and parking lots, tailgate parties and outdoor public events.

He said only including outdoor seating to the smoking-ban was unfair to non-smokers who also enjoy outdoor seating.

"If there's a customer who doesn't go to a business because there's no smoking allowed, there will be another customer who will solicit it because there is no smoking allowed," Watt said.

Jon Brake, owner of The Manhattan Free Press and a non-smoker, was hesitant to trust the phrasing of Levin's amendment.

"City officials aren't always reasonable," Brake said. "You can't underestimate what people will do to get to a business or a person."

Shirley Bramhall, owner of Thermal Comfort Air, owns 35 company vehicles, in which smoking employees could cost her a \$500 fine.

Either way, Levin said, smoking will be banned indoors.

Manhattan resident and smoker Taylor Colbert said she already feels like a criminal.

"I could get a misdemeanor for smoking," she said. "That would affect my chances of getting jobs in the future."

There is a class where students and professors address one another formally. The students sit in white-colored shirts and ties with black shoes and black pants.

The class is not caught in a time warp from the 1950s. It is another average day at K-State-Salina in Crew Resource Management, PPIL 416.

"We are professional, but we are on a first-name basis with a lot of our students," said Thomas Karcz, assistant professor of aviation. "Some do stay fairly formal, though it's generally laid back."

To read the rest of this online exclusive story by Tyler Sharp visit kstatecollegian.com



Wildcats on a plane



Brenden Merrigan, senior in professional pilot at K-State-Salina, acts as the pilot in command during a simulation flight from Dallas to Denver in his Crew Resource Management class Wednesday afternoon.

Matt Binter | COLLEGIAN

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THE FOURUM
785-395-4444

The Campus Fourum is the Collegian's anonymous call-in system. The Fourum is edited to eliminate vulgar, racist, obscene and libelous comments. The comments are not the opinion of the Collegian nor are they endorsed by the editorial staff.

Am I the only one that's been keeping up with the "not a cheating whore", "not a douche bag" romance? Because it's riveting.

I cheated off the redheaded Irishman today.

I could not love a human baby as much as I love 'The Office.'

Why is there a toilet right by the window on a first floor?

The greatest thing about my power wheelchair is blaring "Riding Dirty" while going by at 6.7 mph.

Billy, I love you and I want you back. I was wrong, and I miss you.

To the girl I made out with this weekend, thanks for not telling me you were sick.

To the sophomore girl looking for a boyfriend, just enjoy being single.

Why are you wearing that stupid man-suit?

My roommate bet me that I couldn't make the Fourum 20 times by the end of the year.

To the girl in running shorts, please wear those every day.

Greek Affairs paid the cops to bust tailgates.

To the girls that waved at me out the window of the design architecture building, you made my day. My name is Josh.

I'm an average guy looking for an average girl to have some average babies.

Just because you guys are my friends doesn't mean you have to throw ice at me.

Hey Fourum, friends don't let friends move to Lawrence.

To the girl who is not a cheating whore, how about we pick a more static meeting date? How about 11:30, at the sundial on the quad on whatever day this gets printed?

You know what happens to a toad when it gets struck by lightning? The same thing that happens to everyone else.

I just took my friend's Fourum virginity.

When is the show "Busted" going to come to Manhattan? I'm pretty sure we have a lot of bored, annoying cops here too.

Hey guy who thinks recurring themes are dumb, I think they're awesome.

I think the reason Butterfly Lane and Vattier smells like poop is because the construction workers' Porta Potty is there.

Who hates Fourum more? The war is on.

To the girl in the blue dress in front of me by Hale, pull the back of your dress down. No one needs to see Halloween before it gets here.

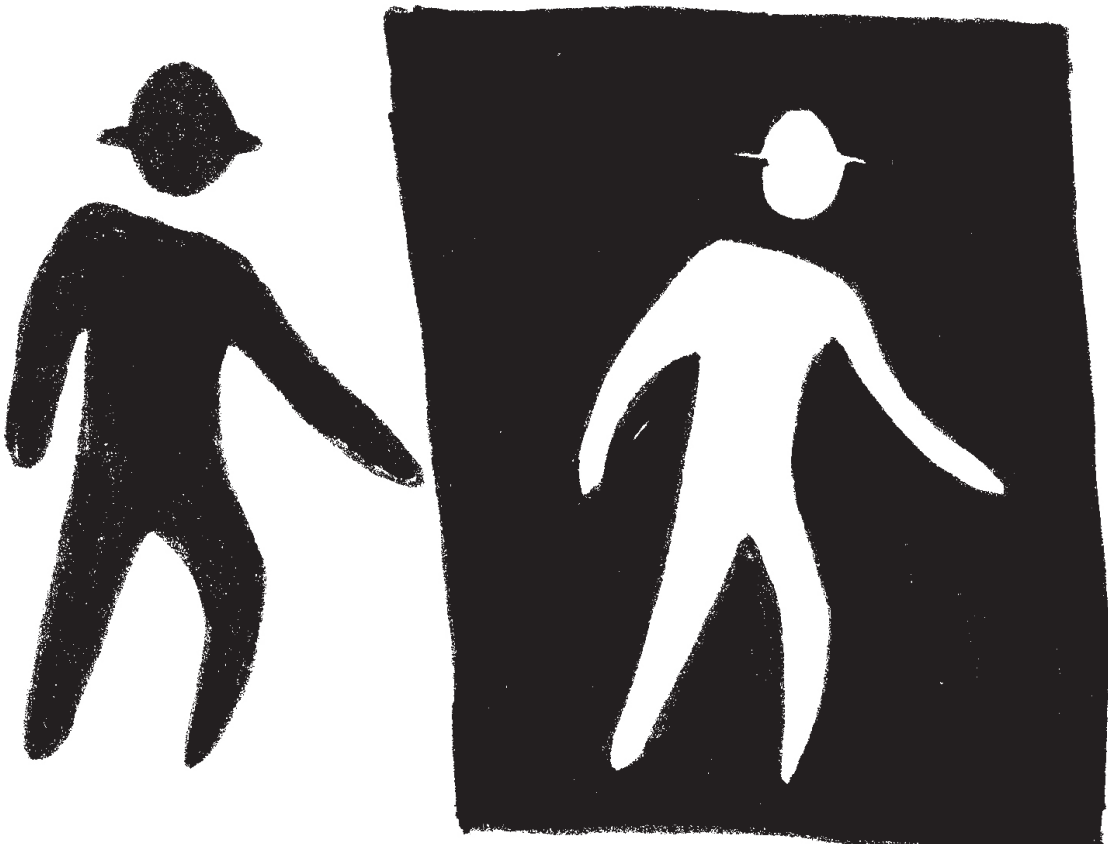


Check out kstatecollegian.com for the rest of today's Fourum.



Collegian Foto Fourum — Basically it's just like the Fourum but without all the words. E-mail your pictures to ksufotofourum@gmail.com, and on Mondays and Wednesdays, we will post several of them on kstatecollegian.com. Simple rules are no nudity, obscene gestures or text, and no product placement. Other than that, all pictures are fair game.

Inactivity



Elvis Achelpohl | COLLEGIAN

American's should work to solve the problem of racial profiling

The United States was founded on the wonderful concept that all men are created equal. We are taught from day one that regardless of race, gender or any other factor, we all have an equal chance at success if we have the desire and the drive.

Sadly, there exists a very large problem that strongly contradicts these American sentiments, and this problem is racial profiling. It is completely counterintuitive to the philosophy that intends to make this country great.

Webster's New Millennium dictionary defines racial profiling as "the consideration of race when developing a profile of suspected criminals; by extension, a form of racism involving police focus on people of certain racial groups when seeking suspected criminals."

In theory, police officers are not supposed to consider race with the exception of using race to be able to more easily identify a suspect.

But it is easily seen that minorities, especially blacks and Latinos, are targeted more often for searches than white people are.

Also, men are targeted much more often than women. According to an article by John Powell in the St. Paul Pioneer Press, blacks account for only 13 percent of drug users here in the United States, while they account for 38 percent of people arrested for drug offenses, 59 percent of all people convicted of drug offenses, and — perhaps the most appalling statistic — they represent 74 percent of all drug users sentenced to serve time in prison.

There are those who argue that racial profiling does not exist, and even worse, those

who argue in favor of racial profiling, with their claims that minorities are a higher risk to be using and or selling drugs.

This unfounded concept of seeking out specific races to try to curb drug use in America is absurd.

Often it leads to police officers pulling over people they believe are "in a part of town they shouldn't be in." It makes sense for officers to act on suspicious behavior to reduce crime, but it is absolutely unconstitutional to pull someone over because of the color of their skin.

A report by the U.S. Department of Justice discusses the experiences of Elmo Randolph, a 42-year-old dentist commuting daily to Newark, New Jersey.

Randolph claims he had been stopped by troopers in New Jersey more than 50 times in his life but has never been ticketed.

Randolph states he is never driving erratically or at excessive speeds, but rather he believes he is stopped because of the color of his skin, which just so happens to be black.

The cops merely approach him in his gold BMW and ask him for his license, registration and whether he has any drugs or weapons in the car.

We as a society have to realize that until we stop seeing color and start seeing people, race-related issues will continue to plague government policy both at home and abroad.

Mark Erbacher is a junior in political science. Please send comments to opinion@spub.ksu.edu.

Global goals demand global leadership



MOLLY HAMM

While many of us are focused on the domestic issues at hand in the United States, the world is tackling an ambitious plan for development that could raise the standard of living across the globe.

The Millennium Development Goals, outlined by the United Nations, are a framework for development with distinct goals and precise targets for achieving these goals.

Adopted in the year 2000 with a target date of 2015, the eight goals are interconnected and rely on one another for overall progress to be made.

Failure in one goal could mean failure in another, and success in one could mean success in the others. The U.N. Chronicle outlines the MDGs as eradicating extreme poverty and hunger; achieving universal primary education; promoting gender equality and empowering women; reducing child mortality; improving maternal health; combating HIV/AIDS, malaria and other diseases; ensuring environmental sustainability; and developing a global

partnership for development.

We are at a critical juncture in the achievement of the Millennium Development Goals as the year 2008 represents the fact that more than half the time allotted for achieving the goals already has passed. As U.N. Secretary-General Ban Ki-moon expressed in the 2007 Millennium Development Report, "There is a clear need for political leaders to take urgent action or many millions of people will not realize the basic promises of the MDGs in their lives."

The 2008 report reinforces this sentiment by stating that significant progress has been made to reduce poverty across the world, yet states "this is now being undercut by higher prices — particularly of food and oil — and the economic slowdown."

Perhaps this sounds familiar, as the rising price of food and oil as well as economic issues in the United States are hitting Americans across the country hard.

If we believe these demanding problems are impeding progress in the U.S., imagine the effects such issues are having on countries that are most in need of the MDGs.

For instance, Sub-Saharan Africa and South Asia are having difficulties in sustaining progress toward any of the goals. Though many countries are making progress, urbanization can have a significant effect on another MDG — environmental sustainability.

The pressing issue of climate

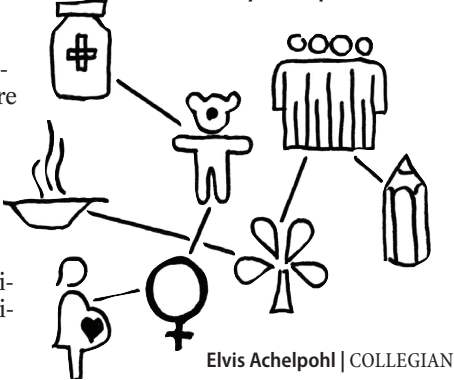
change affects countries across the world, with many of the developing countries being hit hardest by the pollution and emissions of the developed world.

The Millennium Declaration stated that the international community should "spare no effort to free our fellow men, women and children from the abject and dehumanizing conditions of extreme poverty."

The MDGs are a vital component to realizing this standard. With the economic issues that the world is currently facing, the progress of the Millennium Development Goals could potentially be in critical condition.

The ability of the world to achieve these goals as set forth is reliant on global collaboration and the prioritization of this important and ambitious mission.

Molly Hamm is a senior in English. Please send comments to opinion@spub.ksu.edu.



Elvis Achelpohl | COLLEGIAN

TO THE POINT

Legal drugs can be just as harmful just as often

TO THE POINT is an editorial selected and debated by the editorial board and written after a majority opinion is formed. This is the Collegian's official opinion.

Just like ideas and just like life, prescription drugs are not black and white.

There are varying degrees of helpful and harmful effects they can have on a user, which also depends on what else that person is ingesting while taking prescribed medications.

Relying on addictive substances, even if they are given to you by a doctor, is an unhealthy desire that will lead to unhealthy consequences quicker than you might realize.

Contrary to popular belief, drugs are drugs even if they're not purchased on a street corner.

Remember that mixing alcohol with any drug changes its intended effect on your body.

Antidepressants, uppers, downers and antibiotics are all negatively effected by alcohol and can cause serious damage to your insides.

Question any inclination to take an Adderall to study or a Valium to relax, and consider what a slippery slope prescription drug addiction is.

Perspective doesn't always come in the form of a doctor's office pamphlet.

Take heed from those who have been there before you — just because you have access to a prescription doesn't mean you should.

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When the fans go home



Stadium cleaners labor into the night working for Flint Hills Job Corps



Joslyn Brown | COLLEGIAN

Cleaning inside the private box area in Bill Snyder Family Stadium, **Evelynn Watkins** (top), a member of the Flint Hills Job Corps, picks up trash left after Saturday's football game. The Flint Hills Job Corps has around 53 members divided into four teams to clean the stadium. Going through the rows of seats, **Alisha Griffin** (above), picks up trash from the game's concessions.

By Brandon Steinert
KANSAS STATE COLLEGIAN

Nacho cheese and melted ice cream covered the gloves of 18-year-old Evelynn Watkins as she cleaned the messy seats 50,000 screaming fans left behind.

Standing in the unnaturally bright light on the fourth tier of Snyder Family Stadium, she complained about the smell and the clammy feeling caused by the latex gloves but kept working through the long night with her brown-eyed baby boy in the front of her mind.

Watkins attends the Flint Hills Job Corps Center, a federally funded program that helps young adults gain experience and training in whatever field they choose.

The group is contracted to clean the stadium after every football game. The contract once belonged to the ROTC but transitioned to the Job Corps at the beginning of this season.

Frank Berg, custodial supervisor, said 40-60

workers show up to fill about 600-700 trash bags, weighing in at a total of 13-15 tons.

A normal night of cleaning takes at least eight hours, which sometimes keeps the group working until 11 the next morning. After the group walks a section - picking up the larger pieces of garbage like bottles and cups - they use 30-40 gas-powered blowers to blow small bits down the bleachers to the bottom, where they're scooped into trash bags and hauled out of the stadium.

Watkins said the hours don't bother most of them because they do what they want during the weekends anyway and usually stay out late.

Joseph Jackson, EMT student at the Job Corps Center, was put in charge of a small cleaning group. He described the Job Corps as a way to get a "jump start in life." He said cleaning the stadium isn't too bad, and it's better than doing something that would get him into

trouble.

Watkins said even as a single parent, she sees herself being self-sufficient in five years. She has plans to keep a steady job and own her own place with a car in the driveway.

She left Michigan to get training in culinary arts and to someday move back home, become a cook and provide for her 1-year-old son, Cincere, whom she left behind with her grandmother to focus on her studies.

She will be done with her training next month and looks forward to seeing her son again.

"I don't want to miss him growing up," she said. "I cry whenever I talk to my grandmother on the phone, and I can hear him in the background ... I feel he's all that I got."



To watch a video about the stadium cleanup, visit kstatecollegian.com.

ONLINE

BOOK REVIEW

'Twilight' series' characters live up to their literary popularity



LISA THOMPSON

★★★★☆

Chances are that unless you've been living under a rock recently, you've heard of Stephenie Meyer's Twilight book series.

"Twilight," the first in the immensely popular Twilight saga, has fairly realistic characters, a fast-paced plot and plenty of romance and suspense.

The story begins as 17-year-old Isabella "Bella" Swan, the narrator, moves from the brilliant heat and bright sunlight of Phoenix to the constant rain and gloom of Forks, Wash., to live with her father after her mother remarries.

When she starts her junior year of high school in her new town, she meets Edward Cullen, an incredibly good-looking boy. However, after he saves her from being hit by a van, Bella realizes that he



The movie version of the first book in Stephenie Meyer's "Twilight" saga will be released Nov. 21, according to www.twilightthemovie.com. Starring Kristen Stewart ("In the Land of Women") as Bella and Robert Pattinson ("Harry Potter and the Order of the Phoenix") as Edward Cullen, the film already is receiving buzz from "Twilight" fanatics.

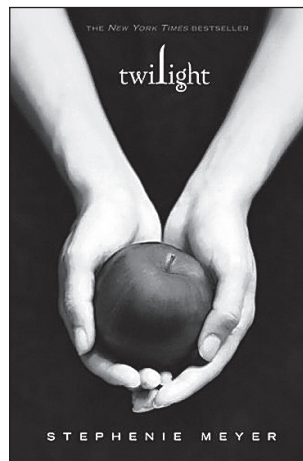
is not normal and eventually discovers that all of the "inhumanly beautiful" Cullens family members are vampires. She begins to fall in love with Edward despite this, and the story revolves around their developing relationship.

Meyer accurately portrays the drama among high school students, and anyone who's ever moved to a new school - particularly a small one - will identify with Bella's feelings of being an outsider.

Any woman who has ever been pursued by an

annoyingly persistent man will probably laugh as Bella is followed around and asked to the school dance by several boys in whom she is not interested.

Bella is a fairly realistic character, and describes herself as "absolutely ordinary ... except for being so clumsy I'm almost disabled." Her continued attraction to Edward is a little unbelievable considering what he is, but Meyer's vampires are so supernaturally attractive that this doesn't detract from the book much.



COURTESY ART

Edward is definitely a main cause of the book's popularity among women. But he's almost too perfect, and Bella tells him it would be nice "if I could find just one thing you didn't do better than anyone else on the planet."

Meyer does manage to keep him from being irritatingly perfect by giving him a few flaws, including stubbornness and a tendency to be overprotective. However, most women probably will have no difficulties overlooking these blemishes on Edward's

character and instead admire his perfect manners, flawless appearance and wealth.

Men, unless you're really into reading a romance from a woman's perspective, there's not much you will find interesting in this book. The novel is the literary equivalent of a "chick flick," with some suspense thrown in, and the vampires aren't anything like the ones from movies like "Van Helsing," so there's no vampire slaying.

Though I have not joined the ranks of crazed Edward fans, I did enjoy the book and read the rest of the series, including "Eclipse," "New Moon" and "Breaking Dawn." And while "Twilight" is not my favorite novel, it is still enthralling, romantic and well-written enough for me to spend my hard-earned money on a copy.

To watch a trailer of the upcoming movie, visit www.kstatecollegian.com, and

for more information on the movie check out www.twilightthemovie.com.



ONLINE

Jeopardy! College comes to campus Wednesday

Is your mind filled with random trivia and useless knowledge? Put it to use by taking the qualifying test for the upcoming Jeopardy! College Championship.

Jeopardy!, one of TV's most popular game/quiz show features trivia in topics like history, literature, pop culture and science. Registration for the test opens at 7:30 p.m. on Wednesday, and the test begins at 8 p.m.

For more information on taking the test to qualify for the College Championship and other rules like being a fulltime undergraduate student, visit www.jeopardy.com.

LOGGING IN

On Wednesday, be at your computer, online and logged in 20 minutes before the test begins. You cannot login after the countdown clock hits zero.

— Login opens at 7:30 p.m.
— Test starts at 8 p.m.

Click the "Login/Launch Test" button to access the test window. If you attempt to launch the test before login opens, you will be prompted to return later. You must close the login window, wait and reopen it before attempting to login again.

Enter your registered e-mail address and password on the login screen.

When you are successfully logged in, the countdown clock will appear. Make sure to leave the test window open during the countdown.

The test will begin when the clock reaches 00:00. There will be no other prompts, and you should be prepared to read and respond to questions immediately. Note that you should follow the countdown clock as the official time once you are logged in.

TAKING THE TEST

The online test is a 50-question, 50-category test and will take approximately 10 minutes to complete. Clues will appear one at a time and will run sequentially from one to 50. You cannot pause, stop or go back on the test. The test will not be repeated, and there will be no opportunity to review at the end of the test nor to change any of your responses.

TIMING

You will have 15 seconds to respond to each clue - or to change your answer - before the test automatically captures whatever you have typed and advances to the next question. You will have the option to submit your response before the clock times out for a particular clue if you are ready to proceed, or you can wait for the full 15 seconds for your response to be automatically submitted. The speed at which you complete the test will not affect your score.

If you wait for the full 15 seconds to expire, you will hear a "time's up" buzzer. This sound effect does not mean that you have responded incorrectly.

IMPORTANT TIPS

-Do not phrase your answer in the form of a question. Only the relevant piece of information is necessary.
-A partial response might be enough to count as a correct answer, so take a guess and put something down.
-Remember to keep the categories in mind as you consider your response. Correct responses must fit within the parameters of the category as well as the clue.
-This is not a spelling test, but try to be as accurate as possible in your responses.
-In the case of proper names, last names are sufficient for the purposes of this test.

AFTER THE TEST

Whether you pass, Jeopardy! never reveals actual test scores. Because of the extremely limited number of audition appointments, randomly selected winners will be notified of the next step.

SPORTS

KANSAS STATE COLLEGIAN

FOOTBALL | K-STATE 45, LOUISIANA 37

QUOTE OF THE GAME

Lamark Brown | *On his first game at running back*
“I’m pretty tired. I got to get used to playing running back again. It has been two years since I last played it and I think it has been a good transition for me. I’ll be looking to do much better things next week.”

NUMBER TO REMEMBER

335 | K-State gave up 335 yards on the ground to Louisiana. This is the second game in a row that the defense has given up a ridiculous amount of yards. They will need to improve before they enter Big 12 season, which starts Saturday against Texas Tech.

MVP

Lamark Brown | Brown started the season as a first-string wide receiver but after the Wildcats struggled on the ground, he took over most of the playing time as a running back and excelled, running for 137 yards.



ANALYSIS

Defense struggles to solve problems

By Cole Manbeck
KANSAS STATE COLLEGIAN

This was a game that should have been a confidence builder for K-State. The team needed a big win to get its confidence back after the tough loss to Louisville.

What they got was more than they could ask for from a resilient Louisiana-Lafayette team Saturday afternoon. It took a fake punt late in the game to ensure victory.

The offense once again was solid. The decision to move Lamark Brown from receiver to running back appears to have added a much-needed complement to the Wildcat passing attack.

However, the Wildcat defense is a different story. They were carved apart like a Thanksgiving Day turkey by the Ragin’ Cajun running attack that ranked No. 11 in the country going into the game Saturday.

K-State allowed the Cajuns to rush for 355 yards on 51 carries, an average of 6.6 yards per carry. It also allowed two 100-yard rushers for the second straight week.

“That’s about as good as the inside and outside veer can be run,” coach Ron Prince said. “They have great players. It was a very physical, hard-hitting game. My hat is off to them for how they played.”

Running back Tyrell Fenroy, who is the all-time leading rusher in Cajun history, ran for 183 yards on 20 carries, an average of 9.1 yards per carry.

Meanwhile, quarterback Mic Desormeaux, who is the leading rusher among all quarterbacks in the nation, ran for 134 yards on 20 carries too.

“We need to improve on defense,” Prince said. “Tackling – that’s our deal, and that’s where we have to improve. As long as the run was a factor, it was an absolute dog fight, and it was a challenge.”

The Wildcats were out-gained in overall total yards 509 to 470.

Senior defensive end Ian Campbell said improvement is needed.

“[There are the] same issues with tackling,” he said. “We’re there, it’s just not getting done, and it’s very frustrating, and I’m included in that as well. It’s something that we have to take care of.”

Prince showed a lack of trust in his defense by running a fake punt in K-State’s own territory with less than five minutes remaining in the game.

The Wildcats didn’t stop the Cajuns the entire second half until the final series of the game. The Cajuns never punted in the second half. At one point, they scored touchdowns on five straight possessions, including long drives of 90, 86, 83 and 82 yards.

What might be more alarming for Wildcat fans is that the defense has allowed 638 yards rushing in the last two games and 1,086 yards of total offense. The two opponents in those games have a combined record of 3-5.

Make no mistake about it: this was a good offensive team. This was a team that took No. 22 Illinois down to the wire in a 20-17 defeat. But the Wildcats made it look all too easy for them.

Junior safety Courtney Herndon said this performance will not be good enough for Big 12 play, which begins next Saturday against a high-powered Texas Tech offense.

“We have to get better,” he said.



Nathaniel LaRue | COLLEGIAN
Lamark Brown, wide receiver, tries to evade a tackle in the second half of the game against the Ragin’ Cajuns Saturday. Brown is the leading rusher for the Cats this season with 125 net rushing yards after Saturday’s game.

Cats survive scare against Louisiana

By Mike DeVader
KANSAS STATE COLLEGIAN

K-State’s final tune-up before Big 12 Conference play almost turned into a disaster as the Wildcats needed a fake punt to keep a fourth quarter drive alive, enabling them to escape Snyder Family Stadium with a victory over Louisiana-Lafayette, 45-37.

Ron Prince’s squad was facing fourth down with two yards to go on their own 42 yard line, and he was staring a daunting decision in the face. Punting the ball would have given the Ragin’ Cajuns yet another chance to continue to shred the Wildcat defense on the way to a possible victory, or keep the ball and hope the clock hits triple zeros.

The decision was made for Tysyn Hartman to execute his second trick play in as many games, and it worked. Prince said his reasoning for not giving the ball back to Louisiana was because he was worried that if the Ragin’ Cajuns had

gotten the ball back, they could have easily walked out of Manhattan with a victory.

“Very concerned, very concerned,” Prince said. “So much so there was even some conversation about when we got down on the goal line would we kick the field goal.”

If it would’ve been close enough we would have probably gone for it, and I know that sounds crazy, but I wasn’t interested in giving it [the ball] back to them.”

Louisiana (1-3) has now lost two road games to major-conference opponents, Illinois and K-State, by a combined 11 points. The Ragin’ Cajuns’ powerful running game put them in great position to pull the upset with 335 yards on the ground and 178 in the first half, but Cajuns running back Tyrell Fenroy, who racked up 183 yards and three touchdowns on 20 carries, said it was the little things that caused another close loss.

“It is frustrating, we just keep playing these big schools

and coming so close,” Fenroy said. “We expect to come out with a victory and everybody expects us to lose by 30 or 40 points. I think penalties killed us the most tonight.”

K-State (3-1) continued to field a potent offense, as quarterback Josh Freeman threw for 272 yards and three touchdowns, and in the process, passed Lynn Dickey to become the all-time Wildcat passer with 6,238 yards. Lamark Brown lined up at running back for the first time in his young career and ran through the Louisiana defense for 137 yards and a touchdown.

“[Lamark] did an exceptional job,” Freeman said. “He really stepped up and gave us a spark, and the critics coach challenged [the offensive line] to be able to run the ball this week and they stepped up and did it.”

“The running game gave us more versatility and allowed us to do some things, and it feels good to be 3-1 and back in the winner’s column,” he said.

BOXSCORE

Louisiana	3	7	20	7	37
K-STATE	7	21	14	3	45

First Quarter

UL—FG Edmiston 22, 10:17
KSU—Murphy 12 pass from Freeman (Rossman kick), 3:55

Second Quarter

KSU—Freeman 7 rush (Rossman kick), 13:43
KSU—Freeman 15 rush (Rossman kick), 10:32
KSU—Murphy 3 pass from Freeman (Rossman kick), 3:43
UL—Fenroy 15 rush (Edmiston kick), :43

Third Quarter

UL—Chery 27 pass from Falgout (Edmiston kick), 14:42
KSU—Brown 3 rush (Rossman kick), 9:48
UL—Desormeaux 1 rush (Edmiston kick failed), 3:21
KSU—Banks 53 pass from Freeman (Rossman kick), 1:49
UL—Fenroy 69 rush (Edmiston kick), :34

Fourth Quarter

UL—Fenroy 1 rush (Edmiston kick), 8:49
KSU—FG Rossman 26, 1:37

	UL	KSU
First downs	27	30
Total Net Yards	509	470
Rushes-yards	51-335	45-198
Passing	174	272
Comp-Att-Int	16-29-0	21-28-0
Punt Returns	1-0	4-29
Kickoff Returns	6-76	7-152
Interception Ret.	0-0	0-0
Sacks-Yards Lost	0-0	4-27
Punts-Average	4-36.5	2-37
Fumbles-Lost	1-0	1-1
Penalties-Yards	10-86	5-29
Time of Possession	31:36	28:24

Individual Statistics

RUSHING—UL, Fenroy 20-183, Desormeaux 20-98, Sails 5-33, McGuire 5-19, McCullough 1-2. KSU Brown 29-137, Freeman 9-37, Dold 4-19, Hartman 1-4, Banks 1-3.

PASSING—UL, Desormeaux 14-27-0-136, Falgout 1-1-0-27, McGuire 1-1-0-11. KSU, Freeman 21-28-0-272

RECEIVING—UL, Chery 7-80, Falgout 3-16, Green 2-45, Fenroy 1-12, Hill 1-10, Lee 1-9, Jones 1-2. KSU, Banks 6-127, Quarles 6-62, Brown 5-36, Mastrud 2-32, Murphy, 2-15.

INTERCEPTIONS—UL, None. KSU, None.

SACKS—UL, None. KSU, Harold 2-14, Campbell 1.5-7, Herndon .5-6

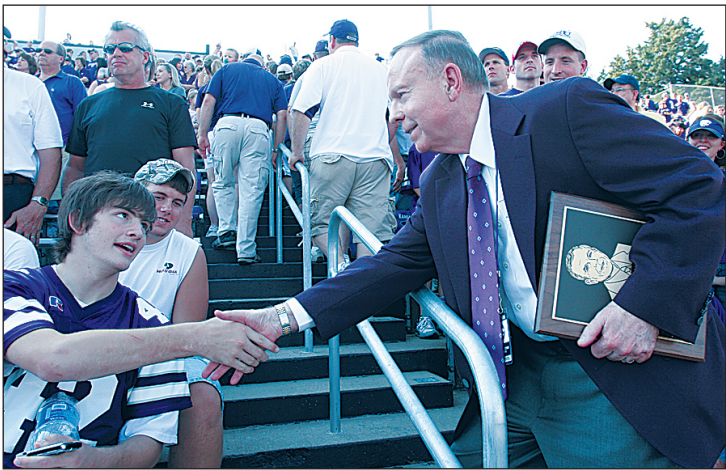


MORE ONLINE

Check out kstatecollegian.com for video highlights, and the schedule for upcoming games.



Nathaniel LaRue | COLLEGIAN
Former football head coach **Bill Snyder** entered the K-State Hall of Fame in the stadium named for him and his family. He entered with Wefald.



Joslyn Brown | COLLEGIAN
After receiving the K-State Hall of Fame honors during halftime of Saturdays game, President **Jon Wefald** shakes hands with individuals in the crowd

Liliom sparks Wildcats to outlast Baylor in tough fight

By Justin Nutter
KANSAS STATE COLLEGIAN

After the K-State football team’s win over Louisiana-Lafayette on Saturday, more than 2,000 purple-clad fans headed to Ahearn Field House to watch the volleyball team try to end K-State’s Wildcat Weekend on a high note.

The fans didn’t go home disappointed, as the No. 17 Wildcats (13-2, 3-1 Big 12 Conference) up-ended Baylor (11-3, 3-1 Big 12) 3-1 on Saturday night at Ahearn Field House. K-State won the tightly contested match by scores of 25-21, 19-25, 25-21 and 25-20.

Senior outside hitter Rita Liliom, who has led the team throughout the 2008 campaign, was strong again for the Wildcats, as she led all scorers with 18 kills.

While her defense was again superb, it was her hustle that provided an important momentum shift late in the match.

With the match tied at a set apiece and the Wildcats and the Bears in a 20-20 deadlock, Liliom went up for a kill but was rejected by the Baylor defenders. The ball flew over her shoulder, and it looked like it would fall for a Baylor point. However, Liliom – while still in the air – spun and kicked the ball, keeping it alive. The Wildcats eventually won the point and ended the set on a 5-1 run.

After the match, head coach Suzie Fritz said Liliom’s play fueled the run and might have been the deciding factor in the game.

“I think it is a momentum play,” said Fritz. “I think it’s just an effort play that gives your team a sense of urgency. You know,

we’re scrapping and clawing and biting and kicking to try to keep balls in play.”

Junior middle blocker Kelsey Chipman agreed with Fritz, saying Liliom has played with that type of intensity all season.

“The great thing about Rita is that she’s not afraid to take a big swing whether the ball is six feet off the net or the ball’s right on the net,” said Chipman, who had six kills and two blocks in the match. “You can trust her to get up and make that big play for you. It doesn’t matter what night it is.”

Liliom was one of six scorers to tally at least 10 kills on the night. Fellow seniors Nataly Korobkova and Megan Farr, also reached the double-digit mark for the Wildcats.

See the full story on kstatecollegian.com



Matt Binter | COLLEGIAN
Megan Farr, middle blocker, spikes during the second set of the volleyball match against Baylor Saturday. The Cats were victorious, 3 games to 1.

HARMONY | Class reveals true body image

Continued from Page 1

of plunking first-generation college students into school.

THEATER WORKSHOP WITH BARBARA BAKER

In the basement of Nichols Hall, Barbara Baker led a low-stress workshop entitled “Body Politics for Women: Expression of Self and Healing for the Soul.” The workshop consisted of exercises and techniques that allowed people to analyze their physical self-images and become more comfortable with their own bodies.

The class began with an ice-breaker exercise called “the invisible object.” Participants threw an imaginary

object to each other, pretending it could be heavy, light, tiny or huge. Some threw it as a Frisbee, others pretended it was hot, and some flicked it like a piece of paper.

After the initial exercise, Baker explained that body politics are about how people feel about their own appearances, and then she had the class break up into pairs for the mirror game. One member of each pair had to imitate the other’s movements and expressions.

Many of the women in the class were checking their butts, legs or hair during the mirror activity with their partners. One partner pretended to be the mirror, and

the other would check his or her appearances in the “mirror.”

“It was very fun,” said Barbara Braga, freshman in chemical engineering. “[I] didn’t have to think about what I was doing or what people were thinking of me.”

She and her activity partner practiced curtsying to each other.

The class continued to do several similar activities focusing on self-esteem and body image. Members made lists of body parts that are focal problems, talked about the first time they identified themselves as men or women and discussed the gender roles associated with both.

Michael Fee, sophomore in journalism and advertising, had come to the class with his cousin, Ashley Mueller, freshman in pre-professional business administration.

He was the only man in the class and said he realized that as a guy, he had never considered his body image.

“Guys are never all doing tummy tucks [in the mirror],” he said.

Fee explained that guys don’t check themselves in the mirror as much.

The class ended with a “human machine” where everyone joined together, connecting in some way and made noise or movement to keep the machine running.

DRUGS | Harm in the long term

Continued from Page 1

insomnia, diarrhea and more importantly are the long-term health effects,” Arck said.

When referring to stimulants, Higher Education claims that while rates of collegiate prescription drug abuse are highest among white men, members of greek organizations and students earning grades lower than a B average, no student is free from the temptation

of using prescription drugs.

Tests and other stress factors can tempt students to resort to dangerous measures to get that A, but there are other ways to obtain energy that don’t include substantial risks, like addiction and death.

Natural highs can come from working out, getting adequate sleep and eating right, and these methods are not detrimental to students’ health.

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College students also feel effects of rising obesity rates

By Amanda Moerlien
KANSAS STATE COLLEGIAN

Everyone has heard of the dreaded “Freshman 15,” but this trend might be turning into the “College 20” – or worse, central obesity.

“F is for Fat,” is the title of the fifth-annual report recently released by Trust for America’s Health, showing that Kansas has the 23rd-highest level of adult obesity at 25.8 percent.

This number has increased dramatically in the past two years, as it has in 23 other states. Even Colorado, which has the lowest level of obesity at 18.4 percent, is higher than the national goal of 15 percent, the national average in 1980.

In many instances, this health change occurs during students’ transition to college. Unhealthy habits often spread to other aspects of students’ lives.

“Health affects everything else in one’s life,” said Hannah Watts, campus ambassador coordinator for the new organization K-State Healthy Decisions.

“If you aren’t at your best physically, you can’t

perform at your best in other aspects of your life, whether it be socially or academically.”

Students who are busy with school, jobs and other activities rarely get to sit down to a healthy meal. Instead, they grab and go.

Another main cause of students’ weight increase is late-night binge eating.

With a constant intake of fatty foods with calories that aren’t being burned off, joined with heavy partying on the weekends, it’s no wonder students are gaining weight.

According to 2006 Healthy PAC-CATS data that was compiled on campus, 32 percent of students who were screened had a BMI in the overweight/obese category. Only 40.5 percent of these students were obtaining adequate fruit and vegetable intake.

“I have seen an increase in students being referred for conditions that often accompany overweight or obesity, including diabetes, high blood pressure and elevated cholesterol levels,” said Dianna Schalles, registered dietitian at Lafene.

When students are referred for nutrition counseling at Lafene, they receive an individual as-

essment with a registered dietitian and a weight management plan that is ‘geared’ to their specific needs and goals, Schalles said.

For students living in the residence halls, there’s even less control of their diet. With a meal plan, they must eat what the dining centers provide for them.

While the dining centers typically offer a variety of foods, the food isn’t always the most healthy, especially when students can get an unlimited amount of food.

However, if students want to eat healthy foods, there are options.

“The food provided by the Dining Services isn’t as healthy as some would like, but it all depends on how you go about it,” said Katie Lero, sophomore in public health nutrition and dance.

“Having a good salad, not drowning it in ranch, as well as making sure you have moderate portioning of all your other foods can make the dorms pretty healthy.”

There are many resources open to students who would like to become healthier. One of those

resources is Counseling Services, located in the English and Counseling Services building.

“All Counseling Services counselors are trained to address most concerns that students bring to sessions,” said Bill Arck, director of alcohol and other drug education services. “Counseling Services provides a professional, safe, accepting and strictly confidential setting in which students may discuss any personal questions or concerns they may have.”

The first four sessions are free. Sessions five through 10 cost \$15, and any session after that costs \$25.

However, simply seeing a counselor might not be enough.

To get healthy, students must make an effort to do so by eating right and deciding what is the best plan for them.

“First, you need to determine that you are actually ready to make changes in your life,” Watts, senior in public health nutrition, said. “Visit a dietitian at Lafene, visit Counseling Services to discuss making changes in habits, and go to the Rec and meet with a physical trainer.”

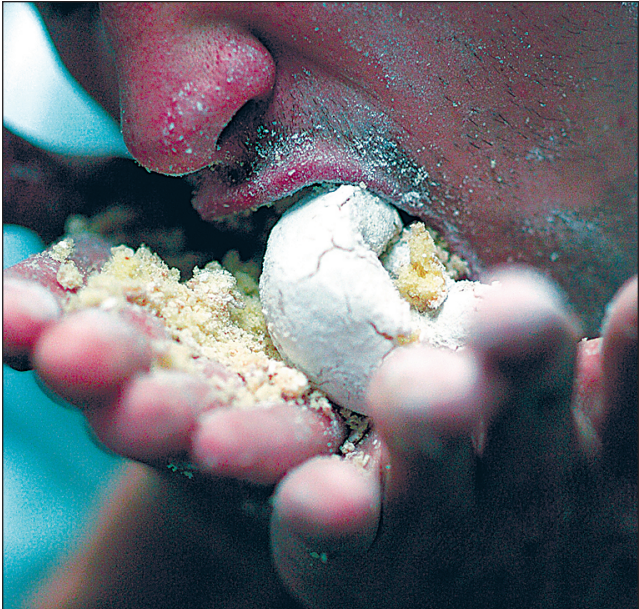


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